The Challenge

In the U.S., there are 46 million adults age 65 and older, and that number is expected to double by 2060. Older adults have higher rates of utilization and emergency department readmissions compared to any other age group. The current health care system can be difficult for older adults to navigate and get the right care at the right place at the right time. Too often, care delivered to older adults is not evidence-based or aligned with what matters to them.

A Solution: Age-Friendly Care

Age-friendly care values older adults and their unique needs. Hospitals are becoming Age-Friendly Health Systems to reliably deliver evidence-based care and better address the challenges older adults and their caregivers face.

Dedicated to improving the care of older adults, Age-Friendly Health Systems is a movement of The John A. Hartford Foundation and the Institute for Healthcare Improvement, in partnership with the American Hospital Association and the Catholic Health Association of the United States.

The initiative uses the 4Ms Framework — What Matters, Medication, Mentation and Mobility — to address the needs of older adults and optimize value for patients, families, caregivers, health care providers and the overall system.

Our Aim

An Age-Friendly Health System is one in which every older adult gets the best care possible, experiences no health care-related harms and is satisfied with the health care they receive.

Our goal is to reach older adults in 2,600 hospitals, practices, convenient care clinics and post-acute facilities by June 30, 2023.

Join the Movement

Join more than 2,700 sites of care that are already advancing this national movement:

- Visit AHA.org/agefriendly to participate in upcoming learning opportunities.
- Learn about age-friendly efforts. Read AHA case studies on Banner Health, Cedars-Sinai Medical Center, Kent Hospital and Rush University Medical Center.
- Join the next AHA Action Community, convening in fall 2022, to reliably put the 4Ms into practice. Email ahaactioncommunity@aha.org to participate.

Have questions or want to join our communications list? Email ahaactioncommunity@aha.org.